



# EUTF VIRTUAL WELLNESS FAIR

Play BINGO!

Discover health plan benefits and activities to enhance health and well-being!

## BINGO!

- Go to the WELLNESS STATIONS page to find the activities listed below.
- Complete at least one activity in a square and then check it off.
- Get a horizontal, vertical or diagonal BINGO and complete the EXIT SURVEY to be entered in the prize drawing.
- **BINGO CARDS ARE NOT COLLECTED.** Cards are a tool to help you keep track of your progress.

<p><b>AGING WELL</b></p> <p>Watch the Blue Zones video "What's the Secret to Longevity"?</p>	<p><b>KNOW YOUR NUMBERS</b></p> <p>Calculate your BMI</p> <p>Know your blood pressure numbers</p>	<p><b>GET CHECKED OUT</b></p> <p>Schedule your preventive exams with primary care, dental and eye doctors</p>	<p><b>PEACE OF MIND</b></p> <p>Read about your advance care planning benefit</p> <p>Find resources at Kokua Mau</p>	<p><b>EMOTIONAL WELL-BEING</b></p> <p>Learn how to use behavioral health benefits</p> <p>Take an online screening test</p>
<p><b>GET CHECKED OUT</b></p> <p>See if online care is right for you</p> <p>Check for overdue screening tests</p>	<p><b>CONDITION CONTROL</b></p> <p>Take the blood pressure guide quiz</p> <p>Explore the diabetes guide</p>	<p><b>CHALLENGES</b></p> <p>Plan to join at least one wellness challenge this year</p>	<p><b>VACCINATION INFO</b></p> <p>Find recommended immunizations</p> <p>Locate where to get a flu shot</p>	<p><b>CONDITION CONTROL</b></p> <p>Consider mail order for prescriptions</p> <p>Read about generic vs. brand drugs</p>
<p><b>PEACE OF MIND</b></p> <p>Add urgent care clinics to your phone</p> <p>Traveling? Review services</p>	<p><b>HEALTHY HABITS</b></p> <p>Discover HMSA365 discounts</p> <p>Consider working with a health coach</p>	<p><b>HEALTH ASSESSMENT</b></p> <p>Take the RealAge test or Free Space</p>	<p><b>HEALTHY HABITS</b></p> <p>Register for a virtual event</p> <p>Contact or refer a friend to the Quitline</p>	<p><b>AGING WELL</b></p> <p>Practice the 6-tips</p> <p>Identify 2 things to keep your brain working its best</p>
<p><b>CONDITION CONTROL</b></p> <p>See if you can use the Ornish Lifestyle Medicine or Well-Being Support benefit</p>	<p><b>AGING WELL</b></p> <p>Try some stretches for better balance</p> <p>Get fall prevention tips</p>	<p><b>GET CHECKED OUT</b></p> <p>Visit HDS oral health library</p> <p>Visit VSP "Ask an Eye Doctor"</p>	<p><b>GET CHECKED OUT</b></p> <p>Choose a doctor</p> <p>Find your closest urgent care clinic</p>	<p><b>PEACE OF MIND</b></p> <p>Review your Securian life insurance benefit</p> <p>Designate your beneficiary</p>
<p><b>MUSCLES, BONES, TENDONS</b></p> <p>Check out your chiropractic benefit</p>	<p><b>CONNECT ONLINE</b></p> <p>Register for HMSA MyAccount and/or other plan accounts</p>	<p><b>GET CHECKED OUT</b></p> <p>Watch the video Telehealth and Online Care</p>	<p><b>KNOW YOUR NUMBERS</b></p> <p>Take the diabetes risk test</p> <p>Know when to get your cholesterol checked</p>	<p><b>HEALTHY HABITS</b></p> <p>Try chair yoga</p> <p>Check out the diabetes prevention program</p>